

We will be holding make-ups for the classes that were canceled on Wednesday **January 22** due to weather.

Wednesday Cancellation	Wednesday Make-up Options
<u>Aqua Fitness</u> (Wednesday 8:30 – 9:15)	<u>Any</u> Aqua Fitness Class Monday through Friday
<u>Aqua Power</u> (Wednesday 9:15 – 10:00)	Aqua Power on Monday 9:15 – 10:00AM -OR- <u>Any</u> Aqua Fitness Class Monday through Friday
<u>Twinges</u> (Wednesday 9:15 – 10:00)	Twinges Monday 9:15 – 10:00AM -OR- Dr.'s Orders Tuesday and Thursday 10:10 – 10:55AM
<u>Sr. Aquacise</u> (Wednesday 10:10 – 10:55)	Senior Exercise Swim Monday and Wednesday 2:35 – 3:20PM -OR- 60+ Swim Tuesday and Thursday 2:05 – 2:50PM
<u>Masters</u> (Wednesday 6:30 – 7:30AM)	Masters on Monday 6:30 – 7:30AM -OR- Swim 4 Fit Tuesday or Thursday 11:10 – 11:55AM
<u>Deep H2O</u> (Wednesday 9:15 – 10:00AM)	Monday 9:15 – 10:00AM
<u>H2O Walk</u> (Wednesday 9:20 – 10:05AM)	Monday 9:20 – 10:05AM
<u>Aqua Sculpt</u> (Wednesday 10:15 – 11:00AM)	Aqua Bootcamp on Wednesday at 10:15 – 11:00AM -OR- Aqua Sculpt on Monday 10:15 –

	11:00AM
<u>Senior Advanced Aquacise</u> (Wednesday 11:05 – 11:50AM)	Senior Exercise Swim Monday and Wednesday 2:35 – 3:20PM -OR- 60+ Swim Tuesday and Thursday 2:05 – 2:50PM
<u>Boot Camp</u> (Wednesday 6:30 – 7:30AM)	Bootcamp Tuesday and Thursday 6:30 – 7:30AM BY 2/20/14
<u>Gentle Yoga</u> (Wednesday 9:15 – 10:00AM)	Core Yoga Friday 9:15 – 10:00AM -OR- Gentle Yoga Saturday 9:15 – 10:00AM -OR- Yoga for Athletes Monday 9:15 – 10:00AM, BY 2/20/14



City of
Rockville
 Get Into It